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Steps to a Healthier You



One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

Spotlights



MyPyramid for kids

Go here to play the MyPyramid Blast-off game and find other materials designed for elementary school-aged children.



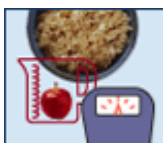
Tour MyPyramid

Take a tour of the new pyramid in this animated feature.



Inside The Pyramid

Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.



Tips & Resources

Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet. There are tips for each food group, physical activity, eating out, a sample menu, and more...

My Pyramid Plan

Age:

Sex:

[Select]



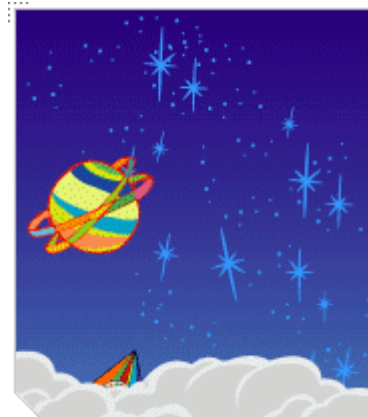
Physical Activity:

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select]



SUBMIT



My Pyramid Tracker

Go here for an in-depth assessment of your diet quality and physical activity status.

Tip of the Week

To keep your meal moderate in calories, fat, and sugars - ask for salad dressing to be served "on the side" so you can add only as much as you want.

For Professionals

Resources and information for use in developing education materials and to assist in understanding Federal food guidance.

Foods/Nutrition USOE Curriculum Guide Update

The Food Guide Pyramid is personalized to create MyPyramid (www.mypyramid.gov)

- Personalized based on gender, activity level, and age
- Makes recommendations for both food choices and preparation methods
- Emphasizes daily physical activity
- Pyramid turned on its side—literally!
- Recognizes all foods in same group aren't equal
- Recommendations are given in specific amounts, rather than stated in ranges as “servings”

| Food Group | Food Pyramid | MyPyramid 2,000 calorie/day plan |
|--------------|--|----------------------------------|
| Grains | 6-11 servings (approximately 6-11 ounces) | 6 ounces |
| Vegetables | 3-5 servings (approximately 1 ½ cups-5 cups, depending on type and preparation method) | 2 ½ cups |
| Fruit | 2-4 servings (approximately 1-3 cups, depending on type and preparation method) | 2 cups |
| Milk | 2-3 servings (approximately 2-3 cups) | 3 cups |
| Meat & Beans | 2-3 servings (approximately 4-9 ounces) | 5 ½ ounces |

Some ideas for teaching MyPyramid:

- Work with a 2,000 calorie/day plan when teaching to group (this is fairly average for your audience)
- Explore and utilize the website, www.mypyramid.gov
- Emphasize positive changes made: individualized, healthy recommendations, physical activity

Health Indicators

Body Mass Index (BMI) is a way health professionals determine if one's eating and physical activity levels need to be adjusted—if one is overweight or obese. It is a number calculated from a person's weight and height. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat. BMI is a method of screening for weight categories that may lead to health problems. The use of BMI allows people to compare their own weight status to that of the general population. BMI results can be skewed on the very athletic and muscular, as well as the elderly and those who have lost body mass due to dieting. Consult your health care provider for best information for you.

Body Image is touched on more than in past guides; including: influences of TV and movie personalities, airbrushing of photographs, body composition, and fad diets.

Obesity

Information is given on the increase of obesity in the U.S. People are eating more high-fat, convenience foods and are exercising less.

- Of 22 industrialized countries, the U.S. has the highest obesity statistics
- 2/3 of Americans over age 20 are overweight
- Nearly 1/3 of Americans over age 20 are obese
- 56% of Utah adults are overweight or obese
- Parental obesity is a stronger predictor of obesity in adult obesity than a child's weight
- 1/4 of Utah students from kindergarten—8th grade is overweight or at risk of becoming overweight
- The number of overweight public high school students in the state (14,000 students) is enough to fill 410 classrooms
- Nationwide, only 10% of school kids walk to school

(sources: What Should I Eat? A Complete Guide to the New Food Pyramid, d'Elgin, 2005 and "UTHealth:Utah's Healthy Lifestyle Magazine," April 2006)

Changes in Family Meal Patterns

Curriculum addresses changes in eating habits of Americans.

- Almost 50% of Americans eat out everyday
- Making healthy food choices when not at home
- Technology in cafeterias and its effect on food choices of students
- Families are eating fewer meals together
- Breakfast and school performance, weight control, and proper nutrition
- Vegetarianism—from types of vegetarianism to food choices for vegetarians

Updates on World Hunger

Newer statistics for study of world hunger. Helpful websites on this topic:

| | |
|--|--|
| www.wfp.org | United Nations World Food Programme website |
| www.unicef.org | Unicef home page |
| www.bread.org | Bread for the World website |
| www.worldhunger.org | World Hunger Education Services <i>Hunger Notes</i> online |

Update on Food Labeling

Since labeling laws were changed in the 1993, there has been one legislated change. Food labels must now list amount of trans fats in a food product.

Other Updates

- Information on how to judge reliability of websites
- Many references to useful websites
- Internet research assignments for students
- Folic Acid
- Antioxidants